Welcome to the NTF Cross Country team!!

The main objective of the NTF Cross Country program is to introduce kids to the fundamentals of distance running and to provide systematic training to athletes of various ages and ability levels, which would allow them to build their running fitness and pursue competitive goals. Below is important information for the Fall 2026 season.

Coaches for the 2026 XC Season:

Mark Fedkin	Jayson Jackson
Torrie Raish	Kim Gasper
Devon Jackson	Eli Urban
Angela Sanchez	Stuart Selber
Marisa Deichert	Susie Walker
Jonathan Stube	Andy Cunningham
Aaliyah Kidd	Meira Minard

Registration:

Online (via Sports Connect): follow steps at http://www.ntfxc.com/registration.html

Registration deadline: September 10th

Season schedule and attendance:

Regular season: August 25th – November 1nd, 2026

Practice location: Tudek Park (first field near tennis courts):
Practice times: weekday practices, 5:45 - 7:15 pm (after 10/19: 5:00 – 6:30 pm)
Sundays: Long runs 3:00 - 4:00 pm (dates TBA) at various locations TBA (see Calendar)
National Championship training: November 2th – November 21rd 2026 (only for athletes competing at Nationals)

Attendance is not mandatory, but we recommend athletes ages 10 and younger to have at least 2 practices per week, and ages 11 and older – at least 3 practices per week if they want to make progress and train for competitive goals.

Training Divisions:
NEW this year: we created two divisions for 10 and under age groups to accommodate higher enrollments and to provide better instruction to athletes with different levels of running experience. 11+ athletes continue to train as one cohort.

- 10U GREEN
  - Practice: **Tuesdays and Thursdays** 5:45 to 7:15 pm, some Sundays (TBA)
  - **$85** - per athlete per season
  - This group is recommended for first-year participants in cross country as well as younger runners. It has no prerequisites and is open to everyone who wants to gradually build athletic skills and learn distance running as an activity. More details.

- 10U BLUE
  - Practice: **Mondays, Wednesdays, and Thursdays** 5:45 to 7:15 pm, some Sundays (TBA)
  - **$125** - per athlete per season
  - This group is recommended for athletes with 1-2 years of experience in cross country and distance training. Training is designed to advance endurance, speed, and strength to help athletes tackle their racing goals. Running and racing experience is preferred. More details.

- Junior High (11+)
  - Practice: **Monday through Thursday** 5:45 to 7:15 pm, some Sundays (TBA)
  - **$125** - per athlete per season
  - This group includes athletes of ages 11+ who are interested in building and advancing their athletic skills and progress as distance runners. In the junior high division, training groups will be formed to accommodate both beginner and advanced athletes in the workout sessions.

Racing Distances (by year of birth):
Primary (7-8) – born 2018 – 2019 – 2k (1.25 mile)
Bantam (9-10) - born 2016 – 2017 – 3k (1.75 mile)
Midget (11-12) - born 2014 - 2015 - 3k (1.75 mile)
Youth (13-14) - born 2012 - 2013 - 4k (2.5 mile)
Intermediate (15-16) - born 2010 - 2011 - 5k (3.1 mile)
Young men / women (17-18) - born 2008 – 2009 - 5k (3.1 mile)

Communications:
1. Email: most of the current information will be communicated to team members via email list. Normally you would get a weekly update at the end of practice week. Feel free to email any questions to ntfxc.club@gmail.com
2. Remind text alert system. Short messages, cancellations, urgent updates will be communicated via *Remind*. Sign up by texting these codes to 81010:
   - Groups 10 and under: **ntfxc10**
   - Groups 11 and older: **ntfxc20**
3. Team website: www.ntfxc.com – check it for updates, schedule, race results, calendar, photos, and all other information
4. Call Coach Mark with any questions / concerns: 814-876-0461

Cross Country Meets
There are a number of youth cross country meets on our schedule that are suited to different ages and levels of experience (see www.ntfxc.com/meets). Meets are mainly held on Saturday mornings. Participation in meets is encouraged, but not mandatory. The club covers all the meet registration fees (if there are any) for NTF athletes. Registration for the meets is through the Club: we will provide google forms to indicate your interest in participation. Parents are responsible for transportation, accommodation, and supervision of their runners at the meets.
More information about specific meets, Championships, and meet entry requests will be sent out to participants during the season.

National Championship
The Cross Country Coaches Association National Championship will take place at Cedarville, Ohio (Elvin R. King Cross Country Course) on November 21st, 2026. NTF will be building teams for entering in team competition at Nationals. Each squad may consist of 5 to 7 runners in the same age group to run for a team score. Racing as a team creates a special opportunity for athletes to participate in championships and

compete for a common goal. It is also a lot of fun! As the season progresses, coaches will be collecting requests from athletes who want to join NTF for travel to regional and national championships meets.

Middle School Invitationals

NTF runners who are in *7th and 8th grade* are eligible to race at Middle School invitational meets as individuals or teams (up to 8 runners). Teams would score in team competitions. These competitive opportunities allow our athletes to get racing experience at the interscholastic level. Currently there are two middle school invitationals on our calendar:

- ***NEPA Invitational*** – October 3rd, 2026
- ***Lock Haven Middle School Championship*** – October 24, 2026

Sign-ups for the Middle School Racing Teams will be collected during the first week of practice.

Sunday Park Runs

In addition to regular weekday practices at Tudek Park, we will organize group long runs (typically in the 2-5 mile range, depending on athlete age) on Sundays at 3 pm at various parks and trails. Check NTF Calendar for specific locations and times. A Coach will be present to lead the run. Parent chaperones / volunteers are needed for the younger athletes to participate in these runs.

NTF Intersquad Meet and Season Celebration

NTF Intersquad is our traditional milestone in the NTF cross country program. It brings the excitement of inter-team competition and will serve as end-of-season celebration of our achievements. It is for our team only: we put together four equal teams that compete with one another in the mock competition. After the race, we have refreshments, season awards, and raffle prizes. This is one-of-a-kind event you don't want to miss! All NTF Families are invited to come, help, and cheer on runners. Intersquad Date: 11-1-2026.

Practice checklist:

- Water bottle (put your name on it!)
- Running shoes (best source: Rapid Transit Sports, 115 S. Allen St.)
- Warmup jacket and pants (have warmup layers you can take on and off if chilly)
- Hats and gloves for colder weather
- Personal care items (e.g. inhaler, allergy medicine if you take any)

- Spiked shoes for races on grass / muddy courses – optional! (consult your Coaches)

Apparel Information
There are a few opportunities for cross country athletes to obtain NTF clothing:

1. ***Free t-shirt***: All fully registered athletes will receive a long-sleeve NTF cotton t-shirt. Each athlete will receive a shirt in the size indicated on his/her registration form. T-shirts will be ordered in early September. Parents can order additional T-shirts at an extra charge.
2. ***Racing uniforms***: All athletes that plan to participate in cross country meets are encouraged to obtain a team uniform (singlet, shorts). The new uniforms are the same for track and cross country, so if you ordered one for track, it will also work for cross country. We also have a limited number of older uniforms to sell at a discounted price.
3. ***Vintage items***: Limited number of T-shirts from previous NTF seasons are available for sale at NTF events.

   Note: athletes competing in invitationals as members of middle school teams or those racing at national championships must wear official NTF uniforms.

Questions
For general questions / team participation: Mark Fedkin ntfxc.club@gmail.com
For help with registration / membership: Steve Savitski ntfxc.secretary@gmail.com

We are looking forward to a great season!